

Saturdays

3rd Order - Canons Regular of the New Jerusalem

Requirements:

1. 15 minutes meditation
2. Prayer for members of the canonry, Pope, diocesan bishop, & local clergy.
3. Lauds *or* Vespers.
4. Rosary

Monthly:

1. 45 minutes reading in relation to the topic of the monthly meeting
2. Sacramental Confession

Lauds

Ps 149 (149 in Protestant Bible)

Sing ye to the Lord a new canticle: let his praise be in the church of the saints.

Let Israel rejoice in him that made him:

and let the children of Sion be joyful in their king.

Let them praise his name in choir:

let them sing to him with the timbrel and the psaltery.

For the Lord is well pleased with his people:

and he will exalt the meek unto salvation.

The saints shall rejoice in glory: they shall be joyful in their beds.

The high praise of God shall be in their mouth:

and two-edged swords in their hands:

to execute vengeance upon the nations, chastisements among the people:

to bind their kings with fetters, and their nobles with manacles of iron.

To execute upon them the judgment that is written: this glory is to all his saints.

Alleluia.

Psalm 91 (92 in Protestant Bible) (A psalm of a canticle on the sabbath day.)

It is good to give praise to the Lord: and to sing to thy name, O most High.

To show forth thy mercy in the morning, and thy truth in the night:

upon an instrument of ten strings, upon the psaltery:

with a canticle upon the harp.

For thou hast given me, O Lord, a delight in thy doings:

and in the works of thy hands I shall rejoice.

O Lord, how great are thy works! thy thoughts are exceeding deep.

The senseless man shall not know: nor will the fool understand these things.
When the wicked shall spring up as grass:
and all the workers of iniquity shall appear:
that they may perish for ever and ever:
but thou, O Lord, art most high for evermore.
For behold thy enemies, O Lord, for behold thy enemies shall perish:
and all the workers of iniquity shall be scattered.
But my horn shall be exalted like that of the unicorn:
and my old age in plentiful mercy.
My eye also hath looked down upon my enemies:
and my ear shall hear of the downfall of the malignant that rise up against me.
The just shall flourish like the palm tree:
he shall grow up like the cedar of Libanus.
They that are planted in the house of the Lord
shall flourish in the courts of the house of our God.
They shall still increase in a fruitful old age: and shall be well treated,
that they may show, that the Lord our God is righteous,
and there is no iniquity in him.

Psalm 63 (64 in Protestant Bible)

Hear, O God, my prayer, when I make supplication to thee:
deliver my soul from the fear of the enemy.
Thou hast protected me from the assembly of the malignant;
from the multitude of the workers of iniquity.
For they have whetted their tongues like a sword;
they have bent their bow a bitter thing, to shoot in secret the undefiled.
They will shoot at him on a sudden, and will not fear:
they are resolute in wickedness.
They have talked of hiding snares; they have said: who shall see them?
They have searched after iniquities: they have failed in their search.
Man shall come to a deep heart: and God shall be exalted.
The arrows of children are their wounds:
and their tongues against them are made weak.
All that saw them were troubled; and every man was afraid.
And they declared the works of God: and understood his doings.
The just shall rejoice in the Lord, and shall hope in him:
and all the upright in heart shall be praised.
Benedictus (Luke 1:68-79) (Verse 67: “And Zachary his father was filled with the Holy Ghost; and he prophesied, saying:”)

Blessed be the Lord God of Israel;
because he hath visited and wrought the redemption of his people:
and hath raised up an horn of salvation to us, in the house of David his servant:
as he spoke by the mouth of his holy prophets, who are from the beginning:
salvation from our enemies, and from the hand of all that hate us:
to perform mercy to our fathers, and to remember his holy testament,
the oath, which he swore to Abraham our father, that he would grant to us,
that being delivered from the hand of our enemies,
we may serve him without fear,
in holiness and justice before him, all our days.
And thou, child, shalt be called the prophet of the Highest:
for thou shalt go before the face of the Lord to prepare his ways:
to give knowledge of salvation to his people, unto the remission of their sins:
through the bowels of the mercy of our God,
in which the Orient from on high hath visited us:
to enlighten them that sit in darkness, and in the shadow of death:
to direct our feet into the way of peace.

Vespers

Psalm 143 (144 in Protestant Bible)

Blessed be the Lord my God, who teacheth my hands to fight,
and my fingers to war.
My mercy, and my refuge: my support, and my deliverer:
my protector, and I have hoped in him: who subdueth my people under me.
Lord, what is man, that thou art made known to him?
Or the son of man, that thou makest account of him?
Man is like to vanity: his days pass away like a shadow.
Lord, bow down thy heavens and descend:
touch the mountains and they shall smoke.
Send forth lightning, and thou shalt scatter them:
shoot out thy arrows, and thou shalt trouble them.
Put forth thy hand from on high, take me out, and deliver me from many waters:
from the hand of strange children: whose mouth hath spoken vanity:
and their right hand is the right hand of iniquity.
To thee, O God, I will sing a new canticle:
on the psaltery and an instrument of ten strings I will sing praises to thee.
Who givest salvation to kings:

who hast redeemed thy servant David from the malicious sword:
deliver me, and rescue me out of the hand of strange children;
whose mouth hath spoken vanity:
and their right hand is the right hand of iniquity:
whose sons are as new plants in their youth:
their daughters decked out, adorned round about after the similitude of a temple:
their storehouses full, flowing out of this into that.
Their sheep fruitful in young, abounding in their goings forth:
their oxen fat.
There is no breach of wall, nor passage, nor crying out in their streets.
They have called the people happy, that hath these things:
but happy is that people whose God is the Lord.

Psalm 144 (145 in Protestant Bible)

I will extol thee, O God my king:
and I will bless thy name for ever; yea, for ever and ever.
Every day I will bless thee:
and I will praise thy name for ever; yea, for ever and ever.
Great is the Lord, and greatly to be praised:
and of his greatness there is no end.
Generation and generation shall praise thy works:
and they shall declare thy power.
They shall speak of the magnificence of the glory of thy holiness:
and shall tell thy wondrous works.
And they shall speak of the might of thy terrible acts:
and shall declare thy greatness.
They shall publish the memory of the abundance of thy sweetness:
and shall rejoice in thy justice.
The Lord is gracious and merciful: patient and plenteous in mercy.
The Lord is sweet to all: and his tender mercies are over all his works.
Let all thy works, O lord, praise thee: and let thy saints bless thee.
They shall speak of the glory of thy kingdom: and shall tell of thy power:
to make thy might known to the sons of men:
and the glory of the magnificence of thy kingdom.
Thy kingdom is a kingdom of all ages:
and thy dominion endureth throughout all generations.
The Lord is faithful in all his words: and holy in all his works.
The Lord lifteth up all that fall: and setteth up all that are cast down.
The eyes of all hope in thee, O Lord: and thou givest them meat in due season.

Thou openest thy hand, and fillest with blessing every living creature.
The Lord is just in all his ways: and holy in all his works.
The Lord is nigh unto all them that call upon him:
to all that call upon him in truth.
He will do the will of them that fear him:
and he will hear their prayer, and save them.
The Lord keepeth all them that love him; but all the wicked he will destroy.
My mouth shall speak the praise of the Lord:
and let all flesh bless thy holy name for ever; yea, for ever and ever.

The Magnificat (Luke 1:46-55)

My soul doth magnify the Lord.
And my spirit hath rejoiced in God my Saviour.
Because he hath regarded the humility of his handmaid;
for behold from henceforth all generations shall call me blessed.
Because he that is mighty, hath done great things to me; and holy is his name.
And his mercy is from generation unto generations, to them that fear him.
He hath showed might in his arm:
he hath scattered the proud in the conceit of their heart.
He hath put down the mighty from their seat, and hath exalted the humble.
He hath filled the hungry with good things; and the rich he hath sent empty away.
He hath received Israel his servant, being mindful of his mercy:
As he spoke to our fathers, to Abraham and to his seed for ever.

Douay-Rheims 1899 American Edition